

Vol. 19, No. 4

April 2004

FRONT RANGE FLYER

302nd Airlift Wing, U.S. Air Force Reserve Command

Peterson Air Force Base, Colo.

A man in a flight suit is sitting in the open hatch of an aircraft. He is looking up and to the side. The hatch is open, and the man is sitting on the edge of the aircraft. The background is dark, suggesting the interior of the aircraft or a night scene.

**Red Flag offers
multifaceted
training**



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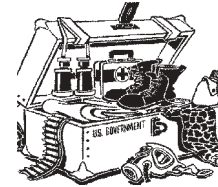
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On the cover



Master Sgt. Andre Nolte reenters aircraft following pre-flight activities prior to a mission at RED FLAG conducted at Nellis AFB, Nev.

Photo by Chief
Master Sgt. Jim Riley.

UTA Schedule

Next UTA: April 3-4

May 1-2

June 5-6

July 10-11

August 7-8

The next UTA schedule is printed in more detail on page 10. The **Front Range Flyer** is mailed each month to all 302nd Airlift Wing members on file with Personnel Systems. If you are not receiving your magazine, check with your orderly room or administration section to ensure your address is correct.

CC shares a little on a lot

By Col. Richard R. Moss
302nd Airlift Wing commander

Last month we had an awards luncheon to honor our enlisted award winners for 2003. Congratulations to all the award winners, annual and quarterly. An event such as this doesn't just happen but is the result of hard work. To preclude leaving someone out, let me just say thanks to everyone who made the event a success.

During the April UTA, we will have some of the cadre from Volk Field visiting our unit. They will be explaining the requirements for our October deployment. They will also conduct classes covering areas such as command and control, base recovery, shelter management, explosive ordinance reconnaissance and full spectrum threat response, previously known as ATSO. The classes will help us be better prepared to gain the most from our upcoming Volk exercise. This is a great opportunity to increase our knowledge in these areas and to learn from the "experts." If you are asked to attend one of these classes, take advantage of it.

I would also like to thank everyone for the hard work you have been doing to improve our readiness figures on mobility-required items. In the past year, we had

made more than a 50 percent improvement in compliance. This is tremendous progress made possible by you attending the required classes and taking the personal initiative to ensure your training requirements are completed. We have room for improvement but I am confident we will achieve our goal of sustained compliance above 90 percent. Thanks.

In May we will officially kick off the new physical fitness testing program by conducting a "Chiefs versus Commanders Fitness Challenge." This will give us time to ensure our unit physical fitness monitors and program managers are properly trained and the procedures are established. As we, the Chiefs and Commanders, and all other personnel prepare for the testing, it is critical that we remember we are establishing a baseline for our current fitness levels in order to improve our overall physical fitness. Do not overextend yourself to where you might get hurt. Start now, go slow and work to improve.

We will face increased challenges in the months to come. We will meet and exceed every challenge just like we have in the past because of you, the outstanding members of the 302nd Airlift Wing. Thanks for all you do.

Chaplain's corner Gung ho or going slow

By Chap. (Capt.) Tim Wilson
302nd Airlift Wing Chaplains Office

A salty sea captain and a crusty chief engineer were chatting over coffee one morning about whose expertise was more important in running the ship. The once friendly discussion became a hotly contested debate as each one became increasingly convinced of their own indispensability. In exasperation and to prove his point the captain determined, in what seemed like a good idea at the time, that they would swap jobs for a day. The chief engineer would sit in the captain's chair on the bridge directing the ship and that he would run the engine room like it had never been run before.

A few hours into their shift the captain emerged from below deck, his face dripping with sweat, his uniform covered with dirt and grit.

"Chief!" he bellowed in aggravation. "Get down to the engine room right now. I can't get her to move!"

"Of course you can't," barked the chief back in frustration, "she's aground!"

See Cooperation, Pg. 11

An illusion slapped me, then reality did too

By Chief Master Sgt. Eric P. Deylius
731st Airlift Squadron

A while ago, as I was waiting for the crew bus to take me out to the aircraft, reality slapped me in the face! A rude awakening hit me. The fabric of our wing is unraveling. The face of the Reserve mission is in constant change. Every unit in this wing is on its own AEF and UTC schedule.

It seems that we have lost a cohesive element that once kept this wing together.

We still have a small contingent of security forces

mobilized and a few of our civil engineers are tapped to fill shortfalls for other units' commitments. The UTC for every squadron is going to have a different twist which makes that fabric unravel even more.

The pride of being part of this wing seems to be disappearing. We are losing our sense of belonging!

We are deploying ones and twos, going here and there to fill shortfalls. We are not deploying as a wing or as squadrons anymore.

How is this way of doing

business going to affect your pride and sense of belonging?

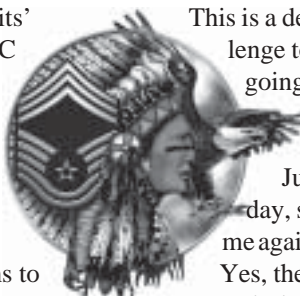
This is a definite challenge to how we are going to stay focused as a wing.

Just the other day, slap! Reality hit me again.

Yes, the face of the Reserve mission is changing and, yes, change is always hard to accept. After all, it is an inherent trait of human nature to resist change. But if we as a wing don't accept this new way of doing business to ensure that our future genera-

tions enjoy the same freedoms that we so much respect and enjoy, we will only be living in the past. The "good ol' days" are gone! We let our guard down once, and to prevent it from happening again we need to change the way we think.

So that first slap of reality turned out to be just an illusion after all. I challenge each one of you to do your very best in whatever you may be called to do. After all, you are a very important part of this wing. Your professionalism and your contribution are what makes the team you are on, a great one!



Welcome home ASTS members



Families and friends gathered at the Colorado Springs Airport to welcome home members of the 302nd Aeromedical Staging Squadron who deployed to Southwest Asia.

Senior Airman Jennifer Webb and Staff Sgt. Amanda Gard return after augmenting active duty forces in stabilizing patients or preparing them for flights to a higher echelon medical facility. The two were deployed for more than 120 days.



Photos by Ken Haskin

Big 7 skills crucial to member's survival

By Capt. Kristin Simpson
302nd Logistics Readiness Squadron

The United States Air Force became an independent service with the passage of the National Security Act in 1947. That's 57 years ago. Yeah, so what, who cares beyond getting the test question right on PME tests?

It's important because the experience gained and the lessons learned in those 57 years have provided the answers to two of the most popular questions reservists ask today: "Why do we have to do all this mobility training stuff?" and "Why is my Unit Training Assembly being taken up with this?"

During the last 57 years, and many years before that as the Army Air Corps, the Air Force has deployed all over the world. Many Airmen who went did not return. The Airmen who were lucky enough to return realized certain core skills must be taught

to all Airmen to ensure as many of them as possible return home to their loved ones. Those core skills are as follows:

Weapons training When the enemy fires at you, it's a good idea to fire back—and kill them.

Chemical warfare training Chemical weapons are some of the most evil tools of war ever designed, but when members are properly trained, the chances of survival increase greatly.

Explosive Ordnance Recognition training This is crucial training these days with roadside bombs being the weapon of choice for today's terrorist in Iraq. Just ask the 302nd Logistics Readiness Squadron troops who are now mobilized and driving convoys in Iraq.

Self Aid/Buddy Care In combat especially, it's crucial that everyone looks out for their fellow Airman. Accurate first aid can help someone with the most severe of injuries hang on until medical help arrives.

Anti-Terrorism/Force Protection No terrorist can win against the American military standing toe-to-toe, that's why they sneak into areas that aren't protected with surprise bombs.

Law of Armed Conflict In a place like Baghdad, where civilians join in the killing of American forces, all military members need to know who is a legal target and who is not. This knowledge can mean the difference between a hero's welcome and a cell in Leavenworth.

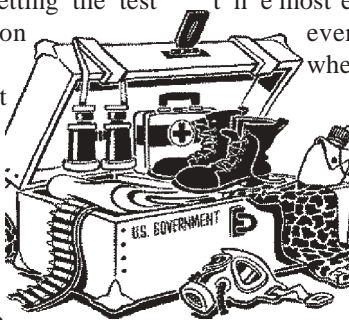
Family Readiness Knowledge is power. When family members know the mission of the 302nd Airlift Wing, the function of their loved one's career field, and the fact that he or she may be called upon to deploy, they can better understand why they are asked to put up with lengthy absences.

Many have argued that, "My AFSC is X; my job is to do X, not go to all this ancillary training." Consider this; roadside bombs and terrorist activity can drastically change one's environment. The point is, this mobility training helps reservists survive so

they can do their job.

When the wing first started tracking the mobility training stats back in May of last year, the picture was abysmal. However this month's stats compared to those, the improvement is remarkable. The wing goal is for every group to hit 90 percent in all seven items. The wing is well on the way there, after having started from nearly zero. That's good but it's critical that when attending this training reservists understand its importance.

Recently, five LRS transporters were mobilized to integrate with the Army to drive convoys in northern Iraq—the first time since WWII that such integration has been necessary. These troops are in the kind of place that all this mobility training prepared them for. One of the lessons learned from the theater is that Air Force troops tend to hesitate to open fire on enemy positions when opening fire is clearly warranted. The point being, danger will face these troops every day—they must be ready to meet it. And that's before they ever give a thought to fulfilling their job requirement of driving trucks.



Wing recognizes top performers during 2003

By Tech Sgt. David D. Morton

Front Range Flyer

More than 150 unit members and special guests were present at the Peterson Air Force Base enlisted club during the March unit training assembly for the 302nd Airlift Wing's Annual Awards luncheon to recognize the wing's top performers for the past year.

Chief Master Sgt. Bobby Smith, 302nd AW command chief, served as the master of ceremonies, and began the luncheon by introducing Brig. Gen. Duane Deal, commander, 21st Space Wing, for opening comments.

"I'm here today because I believe in total force, said General Deal, "Today's winners represent the best of your wing. You have taken the time to make the most of what you do. Our nation is grateful, our wings are grateful and the Air Force is grateful."

General Deal then introduced Chief Master Sgt. Ronald G. Kreite, command chief master sergeant to the commander, Air Force Space Command, and guest speaker for the luncheon.

"We as military organizations have unique differences, but we're seamless in what we do for our nation," said Chief Kreite, "We're one team together for one fight. It's ordinary airmen who do extraordinary things, and being those in the ballgame; and not on the sidelines. These honorees are here today because their commanders and supervisors took the time to push these individuals to be the best. However, I suspect not much motivation was involved when you talk about high-quality individuals.

"These individuals believe in focus and high performance, said Kriete. "They have determination and courage to instill core values. There's no doubt in my military mind this team in the 302nd AW will rise to each and every occasion."

Some of those high-quality individuals



Photos by Joe Fisher

Left to right, award winners honored included Senior Airman Tyson Herro, Airman First Class Jody Sanchez, Master Sgt. Eric Denke, 2nd Lt. Joan Yarell, Senior Airman Glen Guba, Tech. Sgt. Tina Doherty, Tech. Sgt. Louise Rasmussen, Staff Sgt. David Warner, Master Sgt. Kim Guidry, and Tech. Sgt. Kristine Lattimer.

included: 2nd Lt. Joan Yarell, Company Grade Officer of the Year from the wing's Mission Support Squadron; Master Sgt. Kim Guidry, 302nd Civil Engineering Squadron, First Sergeant of the Year; Master Sgt. Eric Denke, 302nd Security Forces, Senior Noncommissioned Officer of the Year; Tech. Sgt. Louise Rasmussen, 302nd MSS, NCO of the Year; and Senior Airman Glen Guba, 302nd SFS, Airman of the Year.

All yearly award winners received a framed coat of arms which signifies chivalry, tradition, honor and dignity.

"I'm the first one in my family to have a coat of arms," said Sergeant Rasmussen. "I don't know who came up with the idea to provide it as an award, but I want to thank them. This is beautiful."

The coat of arms was presented through the American National Heritage Corporation, Inc. in Colorado Springs in the form of a 12" x 16" crest signifying virtues by which some of the awardees received their recognition.

"The coat of arms can signify anything from loyalty to humbleness, bravery, enthusiasm and sincerity, said Chief Master Sgt. Carolyn Rice, chief of Education and Training for the wing. The

crest also included each awardee's rank, their photo and the flag for each home state.

"All the awards were phenomenal," added Sergeant Denke. "I want to thank all of the sponsors who went out of their way to make this special for all of us. However, I want to emphasize none of this would be possible without the support of my troops in the squadron."

Support also came from the First Sergeant's Council for planning, coordinating and developing the luncheon.

"Kudos should go to them," said Chief Smith. "General Deal told me this was very dignified. We really wanted to focus on the protocol, honor and dignity that accompany this event. I'm really proud of all the award winners. They are the definition of what every airman should strive for in their careers."



Master Sgt. Eric Denke receives a medallion for being named Senior NCO of the Year from Brig. Gen. Duane Deal, commander, 21st Space Wing.



Left to right, Master Sgt. Mike White, Chief Master Sgt. Joseph Hanley and Master Sgt. Rusty Scharfenberg solidify why the 302nd Airlift Wing is considered an exceptional flying unit.

MOPP levels depend on toxicity of agents employed

By Tech. Sgt. David D. Morton
Front Range Flyer

The extent at which MOPP level personnel will be in depends on toxicity of the chemical agent dispersed during an attack and the duration of the existing hazard following the attack. Those assumptions are based on numerous scientific studies conducted by the Air Force using known lethal chemical warfare agents such as nerve and blister agents.

"The thought during the cold war was once a liquid agent came in contact with anything, it would not absorb into the substance," said Senior Master Sgt. Lynn Vorce, chief of the 302nd Airlift Wing Readiness Flight. "The liquid agent would then be a contact hazard to personnel and present many difficulties in decontaminating the agent.

"What we now know, based on the latest scientific data, is nerve and blister agents will absorb into everyday substances within three minutes," said Sergeant Vorce. "A chemical hazard manifests itself through a contact and transfer hazard, a vapor hazard or a combination of the two."

The three-minute time frame is the key because some agents don't produce much vapor. One example would be V-series nerve agents.

"Cross contamination can occur during those three minutes," said Sergeant Vorce. "This is what drives MOPP level timelines. Low level vapor hazards can be handled with the mask-only option in many cases. The extent of contact and vapor hazard is less than previously believed or implied. Despite the lower timelines of agent hazard duration, all personnel must follow directed MOPP

levels to ensure survivability in a lethal chemical warfare environment."

The wing is scheduled to conduct its field exercise in October. The exercise will be held at the Combat Readiness Training Center, Volk Field, Wis.

Trivia Time - Of the following surfaces, which would have a longer absorption rate with a liquid VX nerve agent?

- Vehicle paint
- Concrete
- Glass
- Plastic

The correct answer is c, glass. The fastest absorption rate is with concrete, then vehicle paint and plastic. All three are absorbed within three minutes. Glass surfaces will absorb a liquid agent, but it can take up to 24 hours.

Maintenance keglers placed into 'holding pattern'

Story and photos by Tech. Sgt. Tim Taylor
Front Range Flyer

The 302nd Maintenance Squadron was poised to capture its third consecutive Mission Support Group Bowling Tournament championship March 6, but the only team to ever win the annual event has been placed in a holding pattern.

While the Maintenance quintet circles overhead, awaiting the go-ahead to land with yet another championship trophy in hand, the 302nd Service Flight team is waiting to see if it has any hopes of wrestling the title away from the maintainers.

Due to the number of teams entered this year, Services

bowled later but was interrupted by the youth Thunder Bowl night at the Peterson Air Force Base Bowling Center, according to Greg Sprong, a member of the Services team and a coordinator of the event. Services will bowl its second and third games during this UTA with hopes of pulling off the improbable, if not nearly

impossible.

"If Malone can bowl the game of his life and the rest of us do what we're capable of doing we might have a chance," Sprong

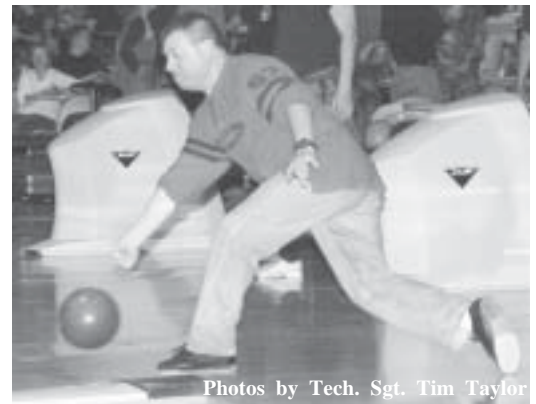
said.

"Are they still trying to find a way to beat us?" chuckled

Maintenance's Mike Sanchez when asked of the delay. "It might take them six or seven guys. That's what Colonel Moss tried to do."

It will take a Herculean effort, no flying pun intended, for Services to surpass Maintenance, but the 302nd Airlift Wing Command Section team could be within Services' grasp. The AW gang, which was hoping to improve upon last year's runner-up showing, may be relegated to third place status—that would mean bronze for the wing commander and his compadres, not the silver, nor the gold.

Maintenance, which rolled a 2690 series, finished this year's tourney about 100 pins ahead of the wing team. Maintenance



Photos by Tech. Sgt. Tim Taylor

Dave Medina fires one down the lane.



Robert Ritter focuses on his 10 victims.

won the title over the wing by 233 pins in 2003.

For now, Sanchez, Rob Tate, Dennis Martin, Jeff Wendling and Stan Palmer will put it on autopilot and wait to see if their shot at a bowling hat trick will occur.

One standard which will not change is the purpose of the event. The tournament raised \$990, according to Sprong. The money will go into support funds, most of which will be used to help MSG members in need of financial assistance.

Red Flag hones participants' skills

Photos and story by Chief Master Sgt. Jim Riley
731st Airlift Squadron

Members of the 302nd Airlift Wing recently "deployed" to a desert location for two weeks for the combat training exercise, Red Flag.

Red Flag is a realistic combat training exercise involving the air forces of the United States and its allies; the exercise is considered the premier, most realistic air war exercise in the world.

Crews from the world over fly to Nellis AFB, Nev., to participate and hone their warfighting skills.

There were 27 units, 118

aircraft and 2250 personnel participating in the exercise with units from the United States, Denmark, Netherlands, Singapore, Spain and the United Kingdom.

Although Red Flag is primarily geared toward training the crews who fly the aircraft, the people who support the mission receive excellent realistic training as well. Red Flag employs a myriad of job specialties and everyone who is involved works hard to make the mission happen. The Intel NCO shows early and is last to leave. ECM troops work split shifts. Riggers build airdrop loads in the morning and perform joint



Senior Master Sgt. Peter LaBarre, Master Sgt. David Gilson and Senior Airman Scott Bailey, rig a training load for the next mission during Red Flag.

airdrop inspections at night and maintenance supervisors oversee the maintenance operation which requires long hours. Tactics and mission planners work 12 to 15 hours putting together a single mission. At Red Flag 04-2.1, the wing's support personnel operated the way they would if they were

deployed.

"This is realistic training for the support people as well as the crews," says Maj. Steve Coppa, mission commander, 731st Airlift Squadron. "Red Flag offers a great opportunity for support people to gain experience outside of the boundaries of their normal work."

Maintainers honored for excellence

By Senior Master Sgt. Larry Franzen
302nd Maintenance Squadron

Three members of the maintenance team from the 302nd were recognized as outstanding performers during the recent Red Flag exercise. In a ceremony held at Nellis AFB March 11, certificates of outstanding performance were presented to Tech. Sgt. Tim Hamblin, Staff Sgt. John Belcher and Staff Sgt. Malissa Guenette. These individuals distinguished themselves by providing superior support to crew chiefs during aircraft launch and recovery efforts. They supported systems within their specialties and used cross utilization skills for duties normally performed by crew chiefs. Additionally, they assisted in troubleshooting aircraft discrepancies usually repaired by other specialists.

Teamwork is essential in the timely completion of aircraft maintenance actions. Although maintenance crews are well known for working together during exercises, the efforts of Sergeants Hamblin, Belcher and Guenette were recognized as far above and beyond normal expectations.



Such outstanding hard work does not go unnoticed by the Red Flag staff.

"Maintenance had some people who were recognized by Red Flag staff as outstanding performers. They were selected by their supervisors and recognized for their efforts. They all did a great job," Coppa said.

Long after the last aircraft has landed for the night and the flight crews have gone to the hotel, the support folks at Red Flag continued working. They're gaining experience and training that will be highly valued when the time comes for a "real" deployment.

At left: Staff Sgt. Paul Runnels stows a maintenance ladder aboard the C-130 in preparation for an upcoming RED FLAG mission.

Invest in people and readiness through mentoring

By Lt. Col. Charlton C. English
302nd Mission Support Squadron

Mentoring impacts every aspect of Air Force and community life and offers an effective use of our most valued resource—our people. Mentorship occurs at all levels of Air Force leadership; it's about investing in people and the future. Mentoring creates a wonderful forum for face-to-dialogue to provide each member with a clear understanding of our Air Force, the unit mission and how they impact the mission.

Only recently has the Air Force formalized their mentoring processes in an effort to develop men and women of integrity who are competent, professional, well-rounded, and possess the character traits to assume leadership roles needed to successfully complete

the mission.

Mentoring provides the communication forum to discuss such things as career development, core values, organizational vision, duty performance, life strategy, workplace coping skills, professional reading, professional associations, PME, and other professional and advanced education. Throughout my career, I have surrounded myself with "solutions based" professionals who challenged me to be the best in my career and in life. They encouraged me to find solutions to my challenges and taught me a variety of approaches to enable me to formulate optimal solutions. My mentors let me make my own decisions, help with mid-course corrections, and taught me the importance of a balanced lifestyle of work, family, spiritual growth and exercise.

To help achieve a cultural change in the way professional development is accomplished, the Air Force issued Air Force Policy Directive 36-34, Air Force Mentoring Program, and developed and implemented Air Force Instruction 36-3401, Air Force Mentoring. To provide guidance unique from the Reserve perspective, Air Force Reserve Pamphlet 36-3401, AFRC Mentoring Program, was developed. AFI 36-3401 is available at: <http://www.e-publishing.af.mil>

The mentoring program is for all members of the Air Force Reserve, military and civilian alike. Each supervisor will ensure they have a strong and viable mentoring program established. Mentoring does not take the place of formal feedback of the Officer Evaluation System, the Enlisted Evaluation System, or the Civilian Performance Program. Instead, it complements these existing programs. A perfect time to complete the formal mentoring is in conjunction with the performance feedback to the individual.

The mentoring program is required by the AFI. More importantly, it is inherent in the responsibilities associated with you being chosen as a leader and supervisor – the duty to prepare your subordinates so that they can reach their full potential and to groom the leaders of tomorrow. Never take for granted the impact a mentoring relationship can have in an individual's life and career...the only prerequisites are being available and having a genuine heartfelt concern for others.

302nd Airlift Wing Employer Orientation form Employer Information

Employer's full name _____

Employer's title/position _____

Company name _____

Business address _____

City _____ State _____ Zip _____

Workphone (____) _____

Employer special needs (dietary, physical, etc.)? If yes, please explain _____



Employer Appreciation Day

The opportunity for reservists to thank their bosses for all the support they've given them for the past year is at Employer's Appreciation Day, scheduled for June 5.

There will be a luncheon at the Peterson Air Force Base Officer's Club followed by an orientation flight on one of the 302nd Airlift Wing's C-130 aircraft.

The employers will get a mission brief and an overall view of exactly what reservists do.

Completed forms must be returned by May 2 and may be sent via fax to 719-556-4214, by email to 302AW/PA@302.peterson.af.mil or by mail to 302 AW/PA, 860 Malmstrom Street, Suite 138, Peterson AFB CO 80914-1179. For more information, call public affairs at 556-4117.

Reservist Information

Rank/name _____ Unit _____ Duty phone _____

Home address _____

E-mail _____

City _____ State _____ Zip _____

Home phone (____) _____ Civilian work phone (____) _____

Military position title _____

Civilian position title _____

Planning on lunch with your employer? ____yes ____no



First sergeant openings

Wing wide there are currently three first sergeant position openings. Reservists interested in applying for one of the openings need to turn in their packages no later than noon Saturday, April 3. Packages must be turned into Senior Master Sgt. Joseph Westerlund or Command Chief Master Sgt. Bobby Smith. The board will convene at 1 p.m. on Sunday, April 4.

Eligible packages will include a cover letter, military resume, personnel RIP from MPF (takes 24 hours to produce) and commander's recommendation.

For more information, call Sergeant Westerlund at 556-4603.

No-show no more

If a lodging reservation is established and not cancelled by 6 p.m. on the arrival day, it is considered a no-show. Inactive duty training status reservations are guaranteed and paid for by the wing's lodging GPC if not cancelled by the cut off time.

It is a member's responsibility to contact and cancel their reservation. Two unexcused no-shows within a 12-month period will result in the suspension of lodging privileges. This means that the wing will not pay for the member's UTA lodging for the next three consecutive months. If the member obtains UTA lodging during this period, it will be at his or her own expense and is not reimbursable.

For more information, contact Master Sgt. Terry Brassard at 1-

800-446-9624(*864001#), or 556-4001. If not answered, please leave name and the days needed to be canceled.

Political activity

With this being an election year, here's a reminder of what DoD employees may not do.

- Use official authority or title to influence, interfere with or affect the result of an election, including use of title while engaging in political activities or to coerce others to engage in political activity;

- Solicit, accept or receive political contributions, uncompensated volunteer services from subordinates or use official title in connection with political fundraising;

- Run for nomination or election to office in a partisan election;

- Solicit or discourage political activity by others who are doing business with or are regulated by DoD;

- Engage in any political activity, including wearing political buttons, while on duty, while in government facilities, while using a government vehicle or while wearing a uniform or other indication of government status or official position.

For more information, call Lt. Col. Rodney Winn at 556-8140.

SF opportunities continue

The recent announcement concerning job opportunities to perform augmentation at AF installations has triggered questions about positions in the local area. According to Maj. Luke Grubb, Air Force Space Command, there are 30 openings at Peterson Air Force Base, 38 openings at Schriever AFB, nine at Cheyenne Mountain Air Station and three at the Air Force Academy.

Interested folks need to get written approval from their supervisory chain including group commander and check the person's currency in all mobility training. Once those items are checked, the wing plans personnel will send up packages for acceptance.

For more information, contact Capt. Kristin Simpson at 556-6770.

Leave on vouchers

This is a reminder, if a member is on military orders for more than 30 days and is entitled to travel/per diem, he or she must claim all leave taken on his/her travel voucher. Per diem is not payable while on leave and failure to claim leave could result in overpayment and collection.

For more information, contact Master Sgt. Paul Burnett at 556-7718.

Physical appointments

The 302nd Aeromedical Staging Squadron is opening physical exam appointments for members to do either a part one or short physical during the week after the UTA. The appointments will be held Wednesday through Friday, with 15 appointments each day. The appointment start times run from 8 a.m. to 4 p.m.

Part one physicals will be scheduled at 8 a.m. or 9:30 a.m.; however, the member will still need to be seen by a physician during the UTA that they were originally scheduled.

Short physicals are scheduled throughout the afternoon until 4 p.m.

These are the only three days that a member can get a physical during the month and by appointment only.

No walk-in will be authorized, the member must e-mail or call Senior Airman Stephanie Oxford at 556-1131, Staff Sgt. Phil Dominguez at 556-1137 or Master Sgt. Shannon Snare at 556-

1132 to schedule an appointment. Members must also have filled out their online questionnaire. The schedule is open to all personnel.

This is a trial period for the program, if all goes well it may continue.

For questions or more information call Sergeant Snare at 556-1132.

Dental requirements

Members are required to be seen by a civilian dentist for their short physicals. The DD 2813 must be completed and turned in no later than the end of their birth month. Failure to do so will result in non-participation status. Member will be seen by a military dentist every third year for their long physical.

Tricare offers dental insurance that is \$8-10 a month. Their application is available online at <http://www.ucci.com>.

Members deploying who have not turned in their form from last year must have one in order to deploy.

For more information, contact Master Sgt. Shannon Snare at 556-1132.

Travel vouchers

Active duty is now using the Reserve Travel System for all travel vouchers, including active duty, reservists and civilians. This system has been tested for several years at various locations.

The only found flaw with the system is that only one voucher per day per person. To prevent this from being a problem, members must submit every voucher within five working days after returning or completing a tour for that particular order. Don't save them up. The five day turn in is in the regulations.

For more information, call Mr. William Curtis at 556-7442 or Master Sgt. Paul Burnett at 556-7718.

Unit Training Assembly Schedule

April 3-4

S A T U R D A Y

0530 – 1000	Brunch	Aragon Dining Facility	SVF/6-4180
0600 – 0730	“Jump Start” Fellowship	Sandy’s Restaurant	HC/6-7428
0730 – 1100	Newcomers Orientation	Bldg 893 Conf Room	DPMSC/6-8185
0730 – 0900	No Meeting Period	All Locations	CV/6-7087
0730 – 1630	Physical Exams	Clinic	ASTS/6-1132
0730 – 1600	MPF Hours	Bldg 895 Room 219A	DPMSC/6-8185
0800 – 1200	Self Aide Buddy Care Initial	Bldg 350 Room 2127	ASTS/6-1132
0900 – 1000	Unit Training Manager Mt	Bldg 895 Room 203	DPMT/6-7250
0900 – 1000	Safety Rep Meeting	Bldg 350 Room 1052	6-8163
1000 – 1045	Wing Training Planning	Bldg 895 Room 203	CCX/6-0142
1000 – 1600	Military Clothing Sales	Bldg 1466	LSM/6- 3227
1000 – 1045	Wing Training Planning Council	Bldg 895 Rm 203	CCX/6-0142
1100 – 1730	Let’s Do Lunch!	Aragon Dinning Facility	SVS/6-4180
1100 – 1230	Lunch & A Lift	Aragon Colorado Room	HC/6-7428
1200 – 1630	CWD Refresher	Bldg 1324 2nd Floor	CEX/6-7221
1215 – 1530	CDC/PME Testing	Bldg 895 Room 203/204	DPMT/6-7250
1300 – 1630	Newcomers Ancillary Training	Bldg 893 Conference Room	DPMSC/6-8185
1300 – 1600	Chaplain Available	Bldg 893 Room 143	HC/6-7428
1300 – 1530	Self Aid Buddy Care Refresher	Bldg 350 Room 2127	ASTS/6-1132
2000 – 2300	Late Night Carry-out	Aragon Dining Facility	SVF/6-4180

S U N D A Y

0530 – 1000	Brunch	Aragon Dining Facility	SVF/6-4180
0730 – 1200	CWD Refresher	Bldg 1324 2nd Floor	CEX/6-7221
0730 – 1200	MPF Hours	Bldg 895 Room 219A	DPMSC/6-8185
0800 – 0900	First Sergeants Meeting	Aragon Dining Facility	CCF/6-8307
0800 – 0900	Career Advisor Training	Bldg 895 Room 203	6-7702
0900 – 1100	3AO AFSC Training	Bldg 893 Wing Conf	SC/6-8192
1000 – 1100	Homosexual Policy Training	Bldg 893 Room 111	JA/6-8140
1100 – 1730	Let’s Do Lunch	Aragon Dining Facility	SVF/6-4180
1200 – 1300	Multicultural Awareness Gp	Aragon Dining Facility	ME/6-6215
1215 – 1530	CDC / PME Testing	Bldg 895 Room 203/204	DPMT/6-7250
1300 – 1400	PERSCO		
1400 – 1500	In House Training		
1500 – 1600	In Section Training		
1300 – 1400	Commander’s SORTS Mt	Command Post CAT	CP/6-7369
1400 – 1500	3S0 AFSC Training	Bldg 893 Wing Conference	DPMS/6-7249
2000 – 2300	Late Night Carryout	Aragon Dining Hall	SVS/6-4180

Kudos ring for promotees, award winners; welcome to newcomers

Promoted to:

Chief Master Sergeant

Gary Brown

 *302nd Security Forces Squadron*
Eric Cook
302nd Mission Support Group
F e r n a n d o Sanchez Jr.
302nd Maintenance Group

Jose Vigil II

302nd Logistics Unit

Master Sergeant

Terry Brassard

302nd Services Flight


Lisa Christensen

19th Space Operations Squadron

Keith Cranston

302nd Airlift Control Flight

George Feeley

 *302nd Maintenance Squadron*

William Horton
39th Aerial Port Squadron
S o l o m o n Martinez
302nd MXG

Peter Norris

310th Communications Flight


Maria Ortega

302nd ALCF

Michael Ribich

302nd MXG

Technical Sergeant

 Robert Arnold
302nd MXS
Alex Escarcega
19th SOPS

Roderick Gilmore

302nd MXS

Deborah Kozel

302nd ALCF

Travis Waeckerlin

302nd MXS

Shawn Wagner

302nd MXS

Staff Sergeant

Richard Athen

 *302nd Civil Engineering*
Gabrielle Clary
310th SFS

Jeremy Jamison

39th APS

Scott Johnston

310th SFS

Kelly Mackenna

302nd Operations Support Flight

William Organ

302nd Logistics Readiness Squadron

Rodolfo Pena

302nd SVF

Tara Sorenson

14th Test Squadron

Yoloxochitl Torresdey

302nd MXS

Gabriel Valle


9th SOPS

Amanda Zobell

302nd Aeromedical Staging Squadron

Senior Airman

Jason Cooper

 *302nd SVF*
Siobhan Herrera
302nd LRS
Ralph Padilla

302nd ASTS

Marchelle Robinson

310th SFS

Medal awarded:

Meritorious Service Medal

Chief Master Sgt. Jack D. Vier

Senior Master Sgt. Robert A

Parrott

MSgt William L. Harris

SMSgt Jose B. Vigi II

Air Force Achievement Medal

Master Sgt. Kenneth W. Sagers

Master Sgt. Steven S. Riester

Tech. Sgt. Robert Griffith

Tech. Sgt. Jody L. Zuber

Tech. Sgt. Michael V. Ribich

Tech. Sgt. Lyle M. Miller

Tech. Sgt. Karl A. Shubert

Staff Sgt. Robert Soto

Staff Sgt. Terry J. Abram

Staff Sgt. Malissa A. Guenetter

Senior Master Sgt. Joe Laster

Master Sgt. Mark Clark

Tech. Sgt. Patrick Dolan

Tech. Sgt. Erik Hegg

Tech. Sgt. Leonard Myers

Tech. Sgt. Tracey White

Staff Sgt. Kevin Buffard

Staff Sgt. Michael Bush

Staff Sgt. Steven Coberly

Staff Sgt. Marco Cotto

Staff Sgt. William Milligan

Staff Sgt. Herbert Seifert

Senior Airman Richard Gayle

Senior Airman Travis Romero

Air Force Commendation Medal

Senior Master Sgt. James H. Smith

Senior Master Sgt. Edward A.

Veilleux

Senior Master Sgt. Raymond D.

Gurule

Master Sgt. Michael L. Fekete

Master Sgt. Jeffrey L. Wendling

Master Sgt. David M. Figie

Tech. Sgt. Patrick O. Murphy

Tech. Sgt. Solomon J. Martinez

Tech. Sgt. Kyle M. White

Welcome newcomers:

Airman Langston Conner

Staff Sgt. Spencer Keeler

302nd Maintenance Squadron

Senior Airman Francis Curristine

26th Space Aggressor Squadron

Staff Sgt. Lisa Devore

Staff Sgt. Edward Dunn

Senior Airman David J. Yuschalk

310th Communications Flight

Staff Sgt. Becky Frix

Tech. Sgt. Alric D. Nunerley

302nd Logistic Readiness Squadron

Staff Sgt. Andy R. Heath

8th Space Warning Squadron

Airman 1st Class Jonathan J. Lind

302nd Operations Support Flight

Lt. Colonel Suzanne Malis

Airman First Class Julio C. Ortiz

302nd Aeromedical Staging Squadron

Senior Airman Diane L. Mench

310th Security Forces Squadron

Airman 1st Class Joseph R.

Trujillo, Jr.

39th Aerial Port Squadron

Staff Sgt. Marc W. Yardley

302nd Airlift Wing

Tech. Sgt. Matthew K.

Chenoweth

302nd Aircraft Maintenance Squadron

Capt. Maura McGrane

731st Airlift Squadron

Cooperation, cont. from Pg. 3

Competition can cause us to work against each other in an "I win, you lose" scenario. Cooperation enables us to work together to get things done. Collaboration maximizes our different expertise as we blend diverse skills together as team mates. The Bible talks about this unity of action with the picture of the body, many different parts that perform vastly different

functions—arms, legs, eyes, ears—all collaborating efficiently together (see 1 Corinthians 12:14 ff).

Working together we can accomplish more than we can individually. The expression "gung ho" comes to us from the difficult days of World War I. It is Chinese and literally means "working together." In our lives at work or at home

are we striving to be "gung ho" or are we "going slow" when it comes to teamwork? After all, it really doesn't matter how fast the ship goes if ultimately it runs aground. Let's ask God to give us a passion for team work, to collaborate not compete, to have competency mixed with a heart-felt compassion for each other—together arm in arm we can make it happen!

Desk jockey pedals way to fitness

By Tech. Sgt. Tim Taylor
Front Range Flyer

Bruce Wilkes works in the 302nd Airlift Wing Plans office, which means he spends a lot of time sitting at a desk. However, when he's not riding a desk Wilkes can often be found riding a bicycle.

He got his first bike almost 50 years ago, but has only been a serious cyclist for 10 years, on and off, he says. During the past few years he's taken his cycling to a higher level.

"I got my first bike when I was five," he said. "The last two or three years I started putting a lot more miles on and doing a lot more planning for my rides."

Wilkes tries to ride to work two or three times per week and puts in as many as five rides per week, logging anywhere from 75 to 150 miles. He even rides during the winter months, weather conditions permitting of course. When he can't ride he spins and swims.

"I try to spin two or three times a week during the winter," he said. "On a nice day, if the sun's shining and the roads aren't full of snow, I've got my cold weather gear and I'll go out riding."

It is fitness which has become the driving force behind Wilkes' increased cycling activity.

"I wanted to lose some weight; I was trying to incorporate exercise with work so

I started riding to work," he said. "I think cycling is right up there. On a scale of 1-to-10, it's probably an 8 or 9 as a form of fitness."

A resident of the Falcon area, Wilkes has logged a lot of miles along U.S. Highway 24, the main transportation route connecting Colorado Springs and the eastern plains.

"I live out east, so I usually ride Falcon, Peyton, Calhan, out that way, although I've ridden all over the city," he said. "The city has a pretty good trail system."

Although safety and traffic along the highway are concerns, riding along Highway 24 is not as dangerous as one might think.

"The highway itself has a nice, wide shoulder," he said. "Twenty-four, it's not too bad because of the wide shoulder although it's always busy with people coming and going to work."

"If you're away from the cars they pretty much leave you alone," Wilkes commented. "They don't like it when they have to slow down for you."

Wilkes said safety is number one when it comes to cycling and that is why he always wears a helmet.

"I wouldn't consider riding without a helmet," he said.

Wilkes likes organized rides because they have a police escort and motorists are more aware of the riders' presence.

He and his riding and spinning partner, coworker



Photo by Staff Sgt. Jennifer Thibault

Bruce Wilkes tries to make it to at least two spinning classes a week when the weather prohibits riding outside.

Luke Coker, are planning to participate in one organized ride per month from May through August, to include Elephant Rock, a 65-mile loop from Castle Rock to Colorado Springs and back.

Wilkes recommends cycling for fitness and recreation, but says you will probably want to spend \$400 to \$600 for a good, quality bike. Of course, you can spend as much as \$6,000 if you wanted to, he said.

"Really, to get started a helmet and bike is all you would need," he added.



Photo by Tech. Sgt. Tim Taylor

Bruce Wilkes logs 75 to 150 miles per week on his bike.

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